

NAVMC 2765

# DEVOTIONAL FIELD BOOK



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## **THE MARINE'S PRAYER**

Almighty Father, whose command is over all and whose love never fails, make me aware of Thy presence and obedient to Thy will. Keep me true to my best self, guarding me against dishonesty in purpose and deed and helping me to live so that I can face my fellow Marines, my loved ones and Thee without shame or fear. Protect my family. Give me the will to do the work of a Marine and to accept my share of responsibilities with vigor and enthusiasm. Grant me the courage to be proficient in my daily performance. Keep me loyal and faithful to my superiors and to the duties my country and the Marine Corps have entrusted to me. Make me considerate of those committed to my leadership. Help me to wear my uniform with dignity, and let it remind me daily of the traditions which I must uphold.

If I am inclined to doubt, steady my faith, if I am tempted, make me strong to resist; if I should miss the mark, give me courage to try again.

Guide me with the light of truth and grant me wisdom by which I may understand the answer to my prayer. Amen

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## **PREFACE**

This pocket-size Devotional Field Book (DFB) is a resource for Command Religious Programs (CRP) in the Fleet Marine Forces (FMF). In addition to being a personal devotional guide for Marines and Sailors, it may be used in conducting divine services or lay led services. This book has been designed primarily to support those FMF operations where limited printed resources are available for the CRP.

The scriptures, prayers, hymns and songs, statements of faith and meditations contained in this book were carefully chosen by chaplains, Marines and Sailors. These selections have historically offered guidance, encouragement and support to people in time of need. This book is dedicated to the hope that it will lead others to the inexhaustible resources of God.

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## EXODUS 20

And God spoke all these words, saying,  
2 "I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.

3 "You shall have no other gods before me.

4 "You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; 5 you shall not bow down to them or serve them; for I the LORD your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and the fourth generation of those who hate me, 6 but showing steadfast love to thousands of those who love me and keep my commandments.

7 "You shall not take the name of the LORD your God in vain; for the LORD will not hold him guiltless who takes his name in vain.

8 "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work; 10 but the seventh day is a Sabbath to the LORD your God; in it you shall not do any work, you, or your son, or your daughter, your manservant, or your maidservant, or your cattle, or the sojourner who is within your gates; 11 for in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the LORD blessed the sabbath day and hallowed it.

12 "Honor your father and your mother, that your days may be long in the land which the LORD your God gives you.

13 "You shall not kill.

14 "You shall not commit adultery.

15 "You shall not steal.

16 "You shall not bear false witness against your neighbor.

17 "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his manservant, or his maidservant, or his ox, or his ass, or anything that is your neighbor's."

## **DEUTERONOMY 10**

12 "And now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul, 13 and to keep the commandments and statutes of the LORD, which I command you this day for your good? 14 Behold, to the LORD your God belong heaven and the heaven of heavens, the earth with all that is in it; 15 yet the LORD set his heart in love upon your fathers and chose their descendants after them, you above all peoples, as at this day. 16 Circumcise therefore the foreskin of your heart, and be no longer stubborn. 17 For the LORD your God is God of gods and LORD of lords, the great, the mighty, and the terrible God, who is not partial and takes no bribe. 18 He executes justice for the fatherless and the widow, and loves the sojourner, giving him food and clothing. 19 Love the sojourner therefore; for you were sojourners in the land of Egypt. 20 You shall fear the LORD your God; you shall serve him and cleave to him, and by his name you shall swear. 21 He is your praise; he is your God, who has done for you these great and terrible things which your eyes have seen. 22 Your fathers went down to Egypt seventy persons; and now the LORD your God has made you as the stars of heaven for multitude.

## **JOSHUA 1**

9 Have I not commanded you? Be strong and of good courage; be not frightened, neither be dismayed; for the LORD your God is with you wherever you go."

## **PROVERBS 3**

5 Trust in the LORD with all your heart, and do not rely on your own insight.  
6 In all your ways acknowledge him, and he will make straight your paths.

## **PSALM 1**

- Blessed is the man who walks not in the counsel of the wicked,  
nor stands in the way of sinners, nor sits in the seat of scoffers;  
2 but his delight is in the law of the LORD, and on his law he  
meditates day and night.  
3 He is like a tree planted by streams of water, that yields its fruit  
in its season, and its leaf does not wither. In all that he does,  
he prospers.  
4 The wicked are not so, but are like chaff which the wind drives  
away.  
5 Therefore the wicked will not stand in the judgment, nor sinners  
in the congregation of the righteous;  
6 for the LORD knows the way of the righteous, but the way of the  
wicked will perish.

## **PSALM 23**

- The LORD is my shepherd, I shall not want;  
2 he makes me lie down in green pastures. He leads me beside still  
waters;  
3 he restores my soul. He leads me in paths of righteousness for his  
name's sake.  
4 Even though I walk through the valley of the shadow of death, I  
fear no evil; for thou art with me; thy rod and thy staff, they  
comfort me.  
5 Thou preparest a table before me in the presence of my enemies;  
thou anointest my head with oil, my cup overflows.  
6 Surely goodness and mercy shall follow me all the days of my life;  
and I shall dwell in the house of the LORD for ever.

## **PSALM 24**

The earth is the LORD's and the fulness thereof, the world and  
those who dwell therein;



- 2 for he has founded it upon the seas, and established it upon the rivers.  
3 Who shall ascend the hill of the LORD? And who shall stand in his holy place?  
4 He who has clean hands and a pure heart, who does not lift up his soul to what is false, and does not swear deceitfully.  
5 He will receive blessing from the LORD, and vindication from the God of his salvation.  
6 Such is the generation of those who seek him, who seek the face of the God of Jacob.

## PSALM 46

- God is our refuge and strength, a very present help in trouble.  
2 Therefore we will not fear though the earth should change, though the mountains shake in the heart of the sea;  
3 though its waters roar and foam, though the mountains tremble with its tumult.  
4 There is a river whose streams make glad the city of God, the holy habitation of the Most High.  
5 God is in the midst of her, she shall not be moved; God will help her right early.  
6 The nations rage, the kingdoms totter; he utters his voice, the earth melts.  
7 The LORD of hosts is with us; the God of Jacob is our refuge.  
8 Come, behold the works of the LORD, how he has wrought desolations in the earth.  
9 He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear, he burns the chariots with fire!  
10 "Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth!"  
11 The LORD of hosts is with us; the God of Jacob is our refuge.

## PSALM 91

- He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty,  
2 will say to the LORD, "My refuge and my fortress; my God, in whom I trust."  
3 For he will deliver you from the snare of the fowler and from the deadly pestilence;  
4 he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.  
5 You will not fear the terror of the night, nor the arrow that flies by day,  
6 nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.  
7 A thousand may fall at your side, ten thousand at your right hand; but it will not come near you.  
8 You will only look with your eyes and see the recompense of the wicked.  
9 Because you have made the LORD your refuge, the Most High your habitation,  
10 no evil shall befall you, no scourge come near your tent.  
11 For he will give his angels charge of you to guard you in all your ways.  
12 On their hands they will bear you up, lest you dash your foot against a stone.  
13 You will tread on the lion and the adder, the young lion and the serpent you will trample under foot.  
14 Because he cleaves to me in love, I will deliver him; I will protect him, because he knows my name.  
15 When he calls to me, I will answer him; I will be with him in trouble, I will rescue him and honor him.  
16 With long life I will satisfy him, and show him my salvation.

## **PSALM 100**

- Make a joyful noise to the LORD, all the lands!  
2 Serve the LORD with gladness! Come into his presence with singing!  
3 Know that the LORD is God! It is he that made us, and we are his; we are his people, and the sheep of his pasture.  
4 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him, bless his name!  
5 For the LORD is good; his steadfast love endures for ever, and his faithfulness to all generations.

## **PSALM 121**

- I lift up my eyes to the hills. From whence does my help come?  
2 My help comes from the LORD, who made heaven and earth.  
3 He will not let your foot be moved, he who keeps you will not slumber.  
4 Behold, he who keeps Israel will neither slumber nor sleep.  
5 The LORD is your keeper; the LORD is your shade on your right hand.  
6 The sun shall not smite you by day, nor the moon by night.  
7 The LORD will keep you from all evil; he will keep your life.  
8 The LORD will keep your going out and your coming in from this time forth and for evermore.

## **PSALM 130**

- Out of the depths I cry to thee, O LORD!  
2 Lord, hear my voice! Let thy ears be attentive to the voice of my supplications!  
3 If thou, O LORD, shouldst mark iniquities, Lord, who could stand?  
4 But there is forgiveness with thee, that thou mayest be feared.  
5 I wait for the LORD, my soul waits, and in his word I hope;

- 6 my soul waits for the LORD more than watchmen for the morning,  
more than watchmen for the morning.  
7 O Israel, hope in the LORD! For with the LORD there is steadfast  
love, and with him is plenteous redemption.  
8 And he will redeem Israel from all his iniquities.

### **PSALM 139**

- O LORD, thou hast searched me and known me!  
2 Thou knowest when I sit down and when I rise up; thou discernest  
my thoughts from afar.  
3 Thou searches out my path and my lying down, and art acquainted  
with all my ways.  
4 Even before a word is on my tongue, lo, O LORD, thou knowest it  
altogether.  
5 Thou dost beset me behind and before, and layest thy hand upon  
me.  
6 Such knowledge is too wonderful for me; it is high, I cannot attain  
it.  
7 Whither shall I go from thy Spirit? Or whither shall I flee from thy  
presence?  
8 If I ascend to heaven, thou art there! If I make my bed in Sheol,  
thou art there!  
9 If I take the wings of the morning and dwell in the uttermost parts  
of the sea,  
10 even there thy hand shall lead me, and thy right hand shall hold  
me.

## **PSALM 150**

- Praise the LORD! Praise God in his sanctuary; praise him in his  
mighty firmament!
- 2 Praise him for his mighty deeds; praise him according to his  
exceeding greatness!
- 3 Praise him with trumpet sound; praise him with lute and harp!
- 4 Praise him with timbrel and dance; praise him with strings and  
pipe!
- 5 Praise him with sounding cymbals; praise him with loud clashing  
cymbals!
- 6 Let everything that breathes praise the LORD! Praise the LORD!

## **MATTHEW 5**

Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. 2 And he opened his mouth and taught them, saying:

3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 "Blessed are those who mourn, for they shall be comforted.

5 "Blessed are the meek, for they shall inherit the earth.

6 "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

7 11Blessed are the merciful, for they shall obtain mercy.

8 "Blessed are the pure in heart, for they shall see God.

9 "Blessed are the peacemakers, for they shall be called sons of God.

10 "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

11 "Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. 12 Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.

## **JOHN 3**

16 For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.

17 For God sent the Son into the world, not to condemn the world, but that the world might be saved through him. 18 He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only Son of God.

## **JOHN 14**

"Let not your hearts be troubled; believe in God, believe also in me. 2 In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? 3 And when I go

and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. 4 And you know the way where I am going." 5 Thomas said to him, "Lord, we do not know where you are going; how can we know the way?" 6 Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father, but by me."

## **ROMANS 8**

31 What then shall we say to this? If God is for us, who is against us? 32 He who did not spare his own Son but gave him up for us all, will he not also give us all things with him? 33 Who shall bring any charge against God's elect? It is God who justifies; 34 who is to condemn? Is it Christ Jesus, who died, yes, who was raised from the dead, who is at the right hand of God, who indeed intercedes for us? 35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 As it is written, "For thy sake we are being killed all the day long; we are regarded as sheep to be slaughtered." 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

## **ROMANS 12**

9 Let love be genuine; hate what is evil, hold fast to what is good; 10 love one another with brotherly affection; outdo one another in showing honor. 11 Never flag in zeal, be aglow with the Spirit, serve the Lord. 12 Rejoice in your hope, be patient in tribulation, be constant in prayer. 13 Contribute to the needs of the saints, practice hospitality.

14 Bless those who persecute you; bless and do not curse them.  
15 Rejoice with those who rejoice, weep with those who weep.  
16 Live in harmony with one another; do not be haughty, but associate with the lowly; never be conceited. 17 Repay no one evil for evil, but take thought for what is noble in the sight of all. 18 If possible, so far as it depends upon you, live peaceably with all.  
19 Beloved, never avenge yourselves, but leave it to the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." 20 No, "if your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head." 21 Do not be overcome by evil, but overcome evil with good.

## **1 CORINTHIANS 13**

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. 3 If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing.  
4 Love is patient and kind; love is not jealous or boastful; 5 it is not arrogant or rude. Love does not insist on its own; it is not irritable or resentful; 6 it does not rejoice at wrong, but rejoices in the right. 7 Love bears all things, believes all things, hopes all things, endures all things.  
8 Love never ends; as for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. 9 For our knowledge is imperfect and our prophecy is imperfect; 10 but when the perfect comes, the imperfect will pass away. 11 When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up childish ways. 12 For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been fully understood. 13 So faith, hope, love abide, these three; but the greatest of these is love.



## **1 CORINTHIANS 15**

12 Now if Christ is preached as raised from the dead, how can some of you say that there is no resurrection of the dead? 13 But if there is no resurrection of the dead, then Christ has not been raised; 14 if Christ has not been raised, then our preaching is in vain and your faith is in vain. 15 We are even found to be misrepresenting God, because we testified of God that he raised Christ, whom he did not raise if it is true that the dead are not raised. 16 For if the dead are not raised, then Christ has not been raised. 17 If Christ has not been raised, your faith is futile and you are still in your sins. 18 Then those also who have fallen asleep in Christ have perished. 19 If for this life only we have hoped in Christ, we are of all men most to be pitied.

20 But in fact Christ has been raised from the dead, the first fruits of those who have fallen asleep. 21 For as by a man came death, by a man has come also the resurrection of the dead. 22 For as in Adam all die, so also in Christ shall all be made alive.

## **EPHESIANS 6**

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. 13 Therefore take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15 and having shod your feet with the equipment of the gospel of peace; 16 besides all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God. 18 Pray at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, . . .

## **PHILIPPIANS 4**

5 Let all men know your forbearance. The Lord is at hand. 6 Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

8 Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

10 I rejoice in the Lord greatly that now at length you have revived your concern for me; you were indeed concerned for me, but you had no opportunity. 11 Not that I complain of want; for I have learned, in whatever state I am, to be content. 12 I know how to be abased, and I know how to abound; in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want. 13 I can do all things in him who strengthens me.

## **1 JOHN 3**

14 We know that we have passed out of death into life, because we love the brethren. He who does not love abides in death. 15 Any one who hates his brother is a murderer, and you know that no murderer has eternal life abiding in him. 16 By this we know love, that he laid down his life for us; and we ought to lay down our lives for the brethren. 17 But if any one has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? 18 Little children, let us not love in word or speech but in deed and in truth.

## **GENERAL PRAYERS**

### **1. The Lord's Prayer**

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we also have forgiven our debtor; and lead us not into temptation, but deliver us from evil. (For thine is the kingdom and the power and the glory, forever. Amen.\*) (RSV)

### **2. My Morning Offering**

O God, for another day, for another morning, for another minute, for another chance to live and serve you, I am truly grateful.

Do you this day free me  
from all fear of the future,  
from all anxiety about tomorrow,  
from all bitterness towards anyone,  
from all cowardice in the face of danger,  
from all laziness in the face of work,  
from all failure before opportunity,  
from all weakness when Your power is at hand.

But fill me  
with Love that knows no barrier,  
with Sympathy that reaches all,  
with Courage that cannot be shaken,  
with Faith strong enough for the darkness,  
with Strength sufficient for my tasks,  
with Loyalty to Your Kingdom's goal,  
with Wisdom to meet Life's complexities  
with Power to lift me to You.

Be with me for another day, and use me as you will. Amen.

\* Protestant

### 3. St. Richard's Prayer

O most merciful Redeemer, Friend, and Brother,  
May I know thee more clearly,  
May I love thee more dearly,  
May I follow thee more nearly. Amen.

### 4. For Faith in Trial

Help me, O Lord, to refuse to give up my faith in Thee when I encounter life's difficult problems. Make me realize that just as the darkness of the night gives way to a bright, sunny morning, I may refuse to give up the struggle until the joy of victory dawns in my heart. Amen.

### 5. Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

### 6. Prior to a Mission

O God, as we prepare to embark on this mission, we ask your presence to be made known to us anew! Give us wisdom in our decisions, common sense in our actions, discretion in our communications and openness in our attitude as we work together for the freedom of mankind. May your protective arm rest upon the shoulder of each Marine and Sailor in this operation and return us all safely home. Amen.

## 7. For Team Spirit

God, our Father, give us all a sense of cooperation. Help us realize that we can't exist alone. Leaders need men and men need leaders. Make us sense our basic unity of purpose. Help us see that individual welfare is intimately tied to the welfare of the whole group, and that the whole group depends upon the well-being of the individual. Help us see this and above all help us to live out this insight. Amen.

## 8. Self-Dedication

Almighty God, draw our hearts to you, guide our minds, fill our imaginations, control our wills, so that we may be wholly yours. Use us as you will, always to your glory and the welfare of your people. Amen. (LBW)

## 9. For Those In Our Country's Service In Time Of War

Almighty God, our heavenly Father, let thy protection be upon all those who are in the service of our country; guard them from all harm and danger of body and soul; sustain and comfort those at home, especially in their hours of loneliness, anxiety, and sorrow; prepare the dying for death and the living for thy service; give success to our arms on land and sea and in the air; and grant unto us and all nations a speedy, just and lasting peace. Amen. (LSBH)

## **JEWISH PRAYERS**

### **1. BARCHU ET ADONOI HAM'VORACH.**

Praise the Lord, to whom our praise is due.

**BARUCH ADONOI HAMVORACH L'OLAM VA'ED.**

Praised be the Lord, to whom our praise is due, now and forever.

**SHEMA YISRAEL ADONOI ELOYEHNU ADONOI EHAD.**

Hear, O'Israel: the Lord our God, the Lord is One.

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words which I command thee this day shall be in thy heart. Thou shalt teach them diligently unto thy children, speaking of them when thou sittest in thy house, when thou walkest by the way, when thou liest down and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be for frontlets between thine eyes. And thou shalt write them upon the door posts of thy house and upon thy gates.

### **2. Morning Prayers**

I give thanks unto thee, O live and ever enduring King, because Thou hast mercifully restored my soul unto me; great is Thy faithfulness.

Blessed art Thou, O Lord our God, King of the universe. Thou hast sanctified us with Thy commandments and hast set upon us the ordinance of wearing fringes.

Blessed art Thou, O Lord our God, King of the universe, who hast sanctified us with Thy precepts and commanded us to occupy ourselves with the study of the Torah.

Blessed art Thou, O Lord our God, King of the Universe, who hast chosen us from among all peoples by giving us Thy Torah. Blessed are Thou, O Lord, Giver of the Torah.

Blessed art Thou, O Lord our God, King of the Universe, who has provided all my needs.

Blessed art Thou, O Lord our God, King of the Universe, who removest sleep from mine eyes and slumber from mine eyelids.

O my God, the soul with which Thou didst endow me is pure. Thou didst create it and fashion it; Thou didst breathe it into me and Thou preservest it within me. Thou wilt reclaim it from me, but Thou wilt restore it to me in the life to come. So long as the breath of life is within me, I will give thanks unto Thee, O Lord my God, and God of my fathers. Master of ail works, Lord of all souls. Blessed art Thou, O Lord, who dost restore the soul to the dead.

### 3. Evening Prayers

Blessed art Thou, O Lord our God, King of the universe. Thou weighest down my eyes with the bonds of sleep, my eyelids with slumber. Lord my God, God of my fathers, may it be Thy will to lay me down in peace, and to raise me up again to peaceful life. May evil thoughts, disturbing dreams and base imaginings not trouble me, but grant that my couch be serene before Thee. Lighten my eyes again that I sleep not the sleep of death, for Thou givest light to the apple of my eye. Blessed art Thou, O Lord, whose glory gives light to the whole universe.

I will lift up mine eyes unto the mountains: from whence shall my help come? My help cometh from the Lord, who made heaven and earth. He will not suffer thy foot to be moved; He that keepeth thee will not slumber. Behold, He that keepeth Israel doth neither slumber nor sleep. The Lord is thy keeper; the Lord is thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The Lord shall keep thee from all evil; He shall keep thy soul. The Lord shall guard thy going out and thy coming in, from this time forth and for ever.

#### 4. Confession for the Critically Ill

Lord, my God, God of my fathers, before Thee I confess that in Thy hand alone rests my healing or my death. If it be Thy will, grant me a perfect healing. Yet if my death be fully determined by Thee, I will in love accept it at Thy hand. Then may my death be an atonement for all sins and transgressions, and for all the wrong which I have committed before Thee. Grant me of the abounding happiness that is the destiny of the righteous. Make me to know the path of life, the fullness of joy in Thy presence, at Thy right hand bliss evermore.

Thou who are the father of the fatherless and judge of the widow, protect my beloved family whose souls are bound with mine. Into Thy hand I commend my spirit, Thou hast redeemed me, O Lord, God of truth. Amen, and Amen!

When the end is approaching:  
The Lord is King, the Lord was King, the Lord shall be king for ever and ever. (Said three times.)

Blessed be His name and glorious sovereignty for ever and ever.  
(Said three times.)

The Lord He is God.  
(Said seven times.)

SH'MA YIS-RO-EL A-DO-NOY E-LO-HAY-NU  
A-DO-NOY E-CHOD  
Hear, O Israel: the Lord our God  
the Lord is One.



## **ROMAN CATHOLIC PRAYERS**

### **1. Hail Mary**

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

### **2. The Rosary**

#### **The Joyful Mysteries**

1. The messenger of God announces to Mary that she is to be the Mother of God. (Humility)
2. Mary visits and helps her cousin Elizabeth. (Love of Neighbor)
3. Mary gives birth to Jesus in a stable in Bethlehem. (Spirit of Poverty)
4. Jesus is presented in the Temple. (Obedience to God's Will)
5. Jesus is found in the Temple. (Fidelity to Vocation)

#### **The Sorrowful Mysteries**

1. Jesus undergoes his agony in the Garden of Gethsemane. (Spirit of Prayer)
2. Jesus is scorched at the pillar. (Modesty and Purity)
3. Jesus is crowned with thorns. (Courage)
4. Jesus carries the cross to Calvary. (Patience in Suffering)
5. Jesus dies on the cross for our sins. (Self-Denial)

#### **The Glorious Mysteries**

1. Jesus rises from the dead. (Faith)
2. Jesus ascends into heaven. (Hope)
3. The Holy Spirit comes to the apostles and the Blessed Mother. (Wisdom, Love, Zeal, Fortitude)
4. The Mother of Jesus is taken into heaven. (Eternal Happiness)
5. Mary is crowned queen of heaven and earth. (Devotion to Mary and Final Perseverance)

### 3. Stations of the Cross

(At each Station, contemplate the scene and pray a brief, heartfelt prayer.)

1. Jesus is condemned to death on the cross. (Mark 14:61-64)
2. Jesus accepts his cross. (John 19:14-17)
3. Jesus falls the first time. (John 15:18-20)
4. Jesus meets his sorrowful Mother. (John 19:25-27)
5. Simon of Cyrene helps Jesus carry his cross.  
(Mark 15:20-22)
6. Veronica wipes the face of Jesus. (Mathew 25:37-40)
7. Jesus falls the second time. (Isaiah 53:4-6)
8. Jesus meets and speaks to the women of Jerusalem.  
(Luke 23:27-28)
9. Jesus falls the third time. (Psalm 118:25-28)
10. Jesus is stripped of his garments. (Matthew 27:34-35)
11. Jesus is nailed to the cross. (Luke 23:33-34)
12. Jesus dies on the cross. (Luke 23:44-46)
13. Jesus is taken down from the cross and laid in his mother's arms. (John 19:33-37)
14. Jesus is placed in the tomb. (Matthew 27:59-60)
15. Jesus rises from the dead. (Mark 16:1-6)

### 4. Evening Prayer

O God of all love, when will we truly believe that you do love us beyond our understanding? Each day tells it to the other as each offers us Your precious gifts. Each night would speak it anew to us as You give us rest and renewal. But the greatest witness to Your love we hear constantly from Your Word. There You tell us that Your Son shed His blood for us that we might be cleansed from all our sin. Now we can call you "Father". Now we can stand before You in the purity of Christ's righteousness and in the certainty of being Your children. Let Your love in Christ be the power of our lives and the joys of all our days. We thank You that we can lie down in peace and entrust ourselves to Your never-failing love. We rest in Jesus' name. Amen.

## 5. Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more, and to avoid the near occasions of sin.

## 6. Christopher Prayer

Father, grant that I might be a bearer of Christ Jesus, your Son. Allow me to warm the often cold, impersonal scene of modern life with your burning love. Strengthen me by your Holy Spirit to carry out my MISSION of changing the world, or some definite part of it for the better. Despite my lamentable failures, bring home to me that my advantages are your blessings to be shared with others.

Make me more energetic in setting right what I find wrong with the world, instead of complaining about it. Nourish in me a practical desire to build up, rather than to tear down, to reconcile instead of polarize, to go out on a limb rather than crave security. Never let me forget that IT IS FAR BETTER TO LIGHT ONE CANDLE THAN TO CURSE THE DARKNESS, and to join my light, one day, with yours. Amen.

## **ORTHODOX PRAYERS**

1. O Heavenly King, the Comforter, the Spirit of truth who art everywhere and fillest all things. Treasury of Blessings, and Giver of Life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

2. O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy names sake.

## **PROTESTANT PRAYERS**

### **1. Prayer of Petition**

Lord, be thou within us, to strengthen us; without us, to keep us; above us, to protect us; beneath us, to uphold us; before us, to direct us; behind us, to keep us from straying; round about us, to defend us.

### **2. Prayer of Confession**

Almighty God, our Heavenly Father, who of thy great mercy hast promised forgiveness of sins to all them that with hearty repentance and true faith, turn unto thee; have mercy upon us; pardon and deliver us from all our sins; confirm and strengthen us in all goodness; and bring us to everlasting life through Jesus Christ our Lord. Amen.

### **3. For the Marine Corps**

O Eternal Father, we commend to your protection and care the members of the Marine Corps. Guide and direct them in the defense of our country and in the maintenance of justice among nations. Protect them in the hour of danger. Grant that wherever they serve they may be loyal to their high traditions and that at all times they may put their trust in you; through Jesus Christ our Lord.

### **4. For a Day of Battle**

Heavenly Father, on a day of battle I commit myself body and soul to your keeping. When I am in peril of life, give me courage to do my duty. When I am tempted to sin, give me strength to resist. If I am sick or wounded, grant me healing. If I fall, of your mercy receive me to yourself, forgiving me all my sins. Bless all who are near and dear to me and keep them in your fatherly care. And in your good providence, out of this evil bring a lasting peace; through Jesus Christ our Lord.

5. A Prayer for the Wounded

O Lord we pray you to have mercy upon all who are this day wounded and suffering. Though family and friends be far away, let your grace be their comfort. Raise them to health again, if it be your good pleasure; but chiefly give them patience and faith in you; through Jesus Christ our Lord.

6. For Loved Ones

Almighty God, we entrust all who are dear to us to your never-failing care and love for this life and the life to come; Knowing that you are doing for them better things than we can desire or pray for; through Jesus Christ our Lord.

7. For Evening

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your Son, our Saviour Jesus Christ.

8. Prayer for Loyalty to Christ

O Lord Jesus Christ, who art the Way, the Truth, and the Life, we pray thee suffer us not to stray from thee, who art the Way, nor to distrust thee, who art the Truth, nor to rest in any other thing than thee, who art the Life. Teach us by thy Holy Spirit what to believe, what to do, and wherein to take our rest. For thine own name's sake we ask it. Amen.

# Holy, Holy, Holy! Lord God Almighty!

Reginald Heber, 1783-1826

Nirvana 11 12 12 10  
John B. Dykes, 1823-1876

1. Ho - ly, Ho - ly, Ho - ly! Lord God al - might - y!  
 2. Ho - ly, Ho - ly, Ho - ly! All the saints a - dore thee,  
 3. Ho - ly, Ho - ly, Ho - ly! Though the dark - ness hide thee,  
 4. Ho - ly, Ho - ly, Ho - ly! Lord God al - might - y!

Ear - ly in the morn - ing our song shall rise to thee,  
 Cast - ing down their gold - en crowns a - round the glass - y sea;  
 Though the eye of sin - ful man thy glo - ry may not see,  
 All thy works shall praise thy name, in earth and sky and sea;

Ho - ly, Ho - ly, Ho - ly! mer - ci - ful and might - y!  
 Cher - u - bim and ser - a - phim fall - ing down be - fore thee,  
 On - ly thou art ho - ly; there is none be - side thee  
 Ho - ly, Ho - ly, Ho - ly! mer - ci - ful and might - y!

God in three Per - sons, bless - ed Trin - i - ty!  
 Who wert, and art, and ev - er - more shalt be.  
 Per - fect in power, in love, and pu - ri - ty.  
 God in three Per - sons, bless - ed Trin - i - ty! A - men.

# O God, Our Help in Ages Past

St. Anne C. M.

Ascribed to William Croft. 1678-1727

Descant by Donald D. Keuring. 1907-

Isaac Watts, 1674-1748, cento, alt.

*Descant*

3. A thou-sand in your sight Are like an eve-  
5. Our help in ag-es past, Our hope for years

1. O God, our help in ag-es past, Our hope for years to come,  
2. Be-fore the hills in or-der stood, Or earth re-ceived her frame,  
3. A thou-sand ag-es in your sight Are like an eve-ning gone,  
4. Time, like an ev-er-roll-ing stream, Bears all its sons a-way;  
5. O God, our help in ag-es past, Our hope for years to come,

ning gone, Be-fore the ris-ing sun.  
to come, And our e-ter-nal home. A-men.

Our shel-ter from the storm-y blast, And our e-ter-nal home:  
From ev-er-last-ing you are God, To end-less years the same.  
Short as the watch that ends the night Be-fore the ris-ing sun.  
They fly for-got-ten, as a dream Dies at the o-pen-ing day.  
Re-main our guard while life shall last, And our e-ter-nal home. A-men.

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# Praise to the Lord, the Almighty

Joachim Neander, 1650-1680, cento

Tr. by Catherine Winkworth, 1827-1878, alt.

Lobe den Herren 14. 14. 4. 7. 8

'Erneuertes Gesangbuch,' Stralsund, 1665

Arr. in 'Praxis Pietatis Melica,' 1668

G F#m D G D F#m Bm C G C D7 F#m Am7 D D7 G

1. Praise to the Lord, the Al-might-y, the King of cre-a-tion!  
 2. Praise to the Lord, who o'er all things so won-drous-ly reign-eth,  
 3. Praise to the Lord! O let all that is in me a-dore him!

G F#m D G D F#m Bm C G C D7 F#m Am7 D D7 G

O my soul, praise him, for he is thy health and sal-va-tion!  
 Shel-ters thee un-der his wings, yea, so gent-ly sus-tain-eth!  
 All that hath life and breath, come now with prais-es be-fore him!

G D G C G C D G Am G D

All ye who hear, Now to his tem-ple draw near;  
 Hast thou not seen How thy de-sires e'er have been  
 Let the A-men Sound from his peo-ple a-gain:

G C D7 F#m Am B Am D7 G C G

Join me in glad ad-o-ra-tion!  
 Grant-ed in what he or-dain-eth?  
 Glad-ly for aye we a-dore him. A-men.



# Holy God, We Praise Your Name

Anonymous German tr. of *Te Deum*, c. 1500  
Tr. by Clarence Walworth, 1820-1900, alt.

Grosser Gott 7. 8. 7. 8. 7. 7.  
"Katholisches Gesangbuch," 1774, Vienna

1. Ho - ly God, we praise your name; Lord of all, we  
2. Hear the glad ce - les - tial hymn An - gel choirs a -  
3. Lo! the a - pos - tles' holy train Joins your sa - cred  
4. Ho - ly Fa - ther, ho - ly Son, Ho - ly Spir - it:

bow be - fore you; All on earth your scep - ter claim,  
bobe are rais - ing; Cher - u - him and ser - a - phim,  
name to hal - low; Proph - ets swell the glad re - frain,  
three we name you; Though in es - sence on - ly one,

All in heaven a - bove a - dore you. In - fi - nite your-  
In un - ceas - ing cho - rus prais - ing, Fill the heavens with  
And the white - robed mar - tyrs fol - low, And from morn to  
Un - di - vid - ed God we claim you, And, a - dor - ing,

vast do - main, Ev - er - last - ing is your reign.  
sweet ac - cord: Ho - ly, ho - ly, ho - ly Lord.  
set of sun Through the church the song goes on.  
bend the knee While we own the mys - ter - y. A - men.

## Now Thank We All Our God

*Martin Rinkart, 1586-1649*

Tr. by Catherine Winkworth, 1827-1878, alt.

Nun danket 6. 7. 6. 7. 6. 6. 6.

*Johann Crüger, [1598-1662]*

1. Now thank we all our God With heart and hands and voice - es,  
2. O may this boun - teous God Through all our life be near us,  
3. All praise and thanks to God The Fa - ther now be giv - en.

Who won - drous things has done, In whom his world re - joice - es;  
With ev - er - joy - ful hearts And bless - ed peace to cheer us,  
The Son, and him who reigns With them in high - est heav - en,

Who, from our moth - ers' arms, Has blessed us on our way,  
And keep us in his grace, And guide us when per - plexed,  
The one e - ter - nal God, Whom earth and heaven a - dore;

With count - less gifts of love, And still is ours to - day,  
And free us from all ills In this world and the next.  
For thus it was, is now, And shall be ev - er - more. A-men.

# He's Got the Whole World in His Hands

*In His Hands Irregular*

*American Negro melody*

*Arr. by David Hugh Jones, 1900*

*Spiritual*

1. He's got the whole world in his hands, He's got the  
 2. He's got the wind and the rain in his hands, He's got the  
 3. He's got the ti - ny lit - tle ba - by in his hands, He's got the  
 4. He's got you and me, broth - er, in his hands, He's got

whole world in his hands, He's got the whole world  
 wind and the rain in his hands, He's got the wind and the rain  
 ti - ny lit - tle ba - by in his hands, He's got the ti - ny lit - tle ba - by  
 you and me, broth - er, in his hands, He's got you and me, broth - er,

in his hands, He's got the whole world in his hands.

# Silent Night! Holy Night

Joseph Mohr, 1792-1848, cento

Sis 1-3, tr. by John Freeman Young, 1820-1885, alt

St. 4, tr. anonymous, alt.

Stille Nacht Irregular

Franz Gruber, 1787-1863

1. Si - lent night! ho - ly night! All is calm, all is bright Round yon  
 2. Si - lent night! ho - ly night! Shep-herds quake at the sight, Glo - ries  
 3. Si - lent night! ho - ly night! Son of God, love's pure light Ra - diant  
 4. Si - lent night! ho - ly night! Won-drous Star, lend your light; With the

vir - gin moth-er and Child! Ho - ly In - fant, so ten - der and mild,  
 stream from heav - en a - far, Heav-enly hosts sing: "Al - le - lu - ia;  
 beams from your ho - ly face, With the dawn of re - deem - ing grace,  
 an - gels let us sing Al - le - lu - ia to our King;

Sleep in heav - en - ly peace, Sleep in heav - en - ly peace.  
 Christ the Sav - ior is born, Christ the Sav - ior is born."  
 Je - sus, Lord, at your birth, Je - sus, Lord, at your birth.  
 Christ the Sav - ior is born, Christ the Sav - ior is born. A - men.

# Hark, the Herald Angels Sing

Mendelssohn 1809 1847

Felix Mendelssohn, 1809 1847

Arr. by William H. Cummings, 1831 1915

Descent by Donald D. Keating, 1907

Charles Wesley, 1707 1788, cento, alt  
Devout

3. Hail! hail, high-tenous-ness!

1. Hark, the her-ald an-gels sing. "Glo-ry to the new-born King;  
2. Christ, by high-est heaven a-dored; Christ, the Ev-er-last-ing Lord!  
3. Hail the heaven-born Prince of peace! Hail the Sun of right-teous-ness!

Light to all he brings, Risen with heal-ing in his wings.  
Peace on earth, and mer-cy mild, God and sin-ners rec-on-ciled!"  
Late in time he hold him come To the earth from heav-en's home,  
Light and life to all he brings, Risen with heal-ing in his wings.

his glo-ry by, no more may  
Joy-ful, all ye na-tions, rise, Join the tri-umph of the skies;  
Veiled in flesh the God-head see; Hail th'in-car-nate De-i-ty,  
Mild he lays his glo-ry by, Born that man no more may die,

die, Born to raise the sons of earth, Hark! the  
With th'an-gel-ic host pro-claim, "Christ is born in Beth-le-hem!"  
Pleased as men with men to dwell, Je-sus, our Em-man-u-el.  
Born to raise the sons of earth, Born to give them sec-ond birth.

Descent copyright 1956 W. L. Jenkins; from *Familiar Hymns with Descents*. Used by permission of the Westminster Press, Philadelphia, Pennsylvania.

# Go, Tell It on the Mountain

*Spiritual, cento*

*Adapted by John W. Work III, 1901 1967*

*Go Tell It 7. 6. 7. 6. with Refrain*

*American Negro melody*

*Arr. by John W. Work III, 1901 1967*

*Unison Refrain*

Go, tell it on the moun - tain, O - ver the hills and ev - ery - where,

Go, tell it on the moun - tain That Je - sus Christ is born.

*Harmony*

1. While shep - herds kept their watch - ing O'er si - lent flocks by night,  
2. The shep - herds feared and trem - bled When lo! a - bove the earth  
3. Down in a low - ly man - ger The hum - ble Christ was born,

Be - hold through - out the heav - ens There shone a ho - ly light  
Rang out the an - gel cho - rus That hailed our Sav - ior's birth.  
And God sent us sal - va - tion That bless - ed Christ - mas morn.

# When I Survey the Wondrous Cross

Isaac Watts, 1674-1748, cento

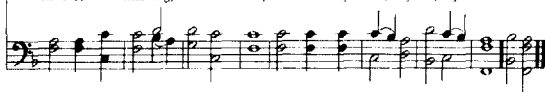
Hamburg L. M.  
Arr. by Lowell Mason, 1792-1872



1. When I sur - vey the won - drous cross On which the Prince of glo - ry died,
2. For - bid it, Lord, that I should boast, Save in the death of Christ my God:
3. See, from his head, his hands, his feet, Sor - row and love flow min - gled down:
4. Were the whole realm of na - ture mine, That were a pres - ent far too small,



My rich - est gain I count but loss And pour con - tempt on all my pride.  
All the vain things that charm me most, I sac - ri - fice them to his blood.  
Did e'er such love and sor - row meet, Or thorns com - pose so rich a crown?  
Love so a - maz - ing, so di - vine, De - mands my soul, my life, my all. A - men.



# The Old Rugged Cross

George Bernard, 1873-1958

Old Rugged Cross Irregular with Refrain

George Bernard, 1873-1958

1. On a hill far a way stood an old rug-ged cross, The em-blem of  
 2. Oh, that old rug-ged cross, so de-spised by the world, Has a won-drous at-  
 3. In the old rug-ged cross, stained with blood so di-vine, A won-drous  
 4. To the old rug-ged cross I will ev-er be true, Its shame and re-

suf-fering and shame; And I love that old cross where the dear-est and best  
 trac-tion for me; For the dear Lamb of God left his glo-ry a-hove  
 beau-ty I see; For 'twas on that old cross Je-sus suf-tered and died  
 proach glad-ly bear; Then he'll call me some-day to my home far a-way,

*Refrain*  
 For a world of lost sin-ners was slain.  
 To bear it to dark Cal-va-ry. So I'll cher-ish the old rug-ged  
 To par-don and sanc-ti-fy me.  
 Where his glo-ry for-ev-er I'll share. cross, the

cross,  
 old rug-ged cross, Till my tro-phies at last I lay down; I will cling to the  
 old rug-ged cross,  
 old rug-ged cross, And ex-change it some-day for a crown.  
 cross, the old rug-ged cross,

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# Christ the Lord Is Risen Today, Sons

Easter Hymn 2. 7. 7. 7. with Alleluias

'L'ra Davidica,' 1708

Descant by L. David Miller, 1919-

Charles Wesley, 1707-1788, cento, alt.

2.4. Ah C G C F C Al - le - lu - ia! Dm<sup>7sus</sup> G<sup>7</sup> C F C G<sup>7</sup> C

1. Christ the Lord is risen to - day, Al - le - lu - ia!  
 2. Lives a - gain our glo - rious King! Al - le - lu - ia!  
 3. Love's re - deem - ing work is done, Al - le - lu - ia!  
 4. Soar we now where Christ has led, Al - le - lu - ia!

Ah F C F C Dm<sup>7</sup> G<sup>7</sup> C G C Dm<sup>7sus</sup> G<sup>7</sup> C F C G<sup>7</sup> C

Sons of men and an - gels say; Al - le - lu - ia!  
 Where, O death, is now your sting? Al - le - lu - ia!  
 Fought the fight, the bat - tle won; Al - le - lu - ia!  
 Fol - lowing our ex - alt - ed Head; Al - le - lu - ia!

Ah G D<sup>7</sup> G G<sup>7</sup> C G<sup>7</sup> C G D<sup>7sus</sup> G<sup>7</sup> C G D<sup>7</sup> G

Raise your joys and tri - umphs high; Al - le - lu - ia!  
 Once he died, our souls to save; Al - le - lu - ia!  
 Death in vain for - bids him rise; Al - le - lu - ia!  
 Made like him, like him we rise; Al - le - lu - ia!

From 50 Descants for Hymns of the Church, by L. David Miller. Reprinted by permission of Fortress Press.

## Christ the Lord Is Risen Today, Sons (cont.)

Ah - - - - - Al - le - lu - ia! A-men.

G G7 C Cmaj7 F C G7 C G7 Am Dm7 C G7 C F C

Sing, you heavens, and earth, re - ply. Al - le - lu - ia!  
 Where your vic - to - ry, O grave? Al - le - lu - ia!  
 Christ has o - pened par - a - dise. Al - le - lu - ia!  
 Ours the cross, the grave, the skies! Al - le - lu - ia! A-men.

# Come, Holy Ghost, Creator Blest

Ascribed to Rhabunus Maurus, 776-836, cento  
Tr. by Edward Caswall, 1814-1878, alt.

Veni Creator L. M.  
Arr. from Louis Lambilliotte, 1796-1855  
Harm. by Lawrence D. Gagnier, 1921-

1. Come, Ho - ly Ghost, Cre - a - tor we blest,  
2. O Com - fort to, blest, thee, to Fa - thee ther and we cry, Son,  
3. Praise be to thee, and we cry, Son,

And in our hearts take up God thy rest;  
Thou heav - enly gift of it, Three Most High;  
And Ho - ly Spir - it, Three in One;

Come with thy grace and heav - enly aid,  
Thou font of life, Son, and on fire of love,  
And may of the Son, and on fire of love, stow

To fill the hearts which thou hast made. made.  
And sweet a - noint - ing from a - bove. bove.  
The gifts that from the Spir - it flow. flow.

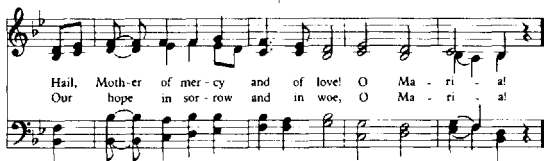
# Hail, Holy Queen, Enthroned Above

Ascribed to Hermanus Contractus, 1013-1054  
Tr. in 'Roman Hymnal,' New York, 1884

Salve Regina 8. 4. 8. 4. with Refrain  
Hildesheim melody, 1736  
Harm. by Nicola A. Montani, 1880-1948

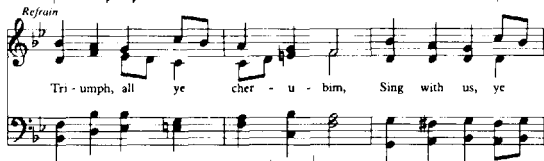


1. Hail, ho - ly queen, en - throned a - bove, O Ma - ri - a!  
2. Our life, our sweet - ness here be - low, O Ma - ri - a!



Hail, Moth - er of mer - cy and of love! O Ma - ri - a!  
Our hope in sor - row and in woe, O Ma - ri - a!

*Refrain*



Tri - umph, all ye cher - u - bim, Sing with us, ye



ser - a - phim, Heaven and earth re - sound the hymn:



Sal - ve, Sal - ve, Sal - ve Re - gi - na!

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# Immaculate Mary, Your Praises We Sing


Anonymous

A. Police, "Parochial Hymn Book," Boston, 1897, alt.


*L'Heure était venue* 6. 5. 6. 5. with Refrain

French traditional melody (Lourdes)

Harm. by Lawrence D. Gagnier, 1921-



1. Im - mac - u - late Mar - y, your prais - es we sing;  
 2. In heav - en the bless - ed your glo - ry pro - claim;  
 3. We pray you, O Moth - er, may God's will be done;  
 4. We pray for our Moth - er, the church up - on earth;



You reign now with Christ, our Re - deem - er and King.  
 On earth we, your chil - dren, in - voke your fair name.  
 We pray for his glo - ry; may his king - dom come.  
 And bless, ho - ly Mar - y, the land of our birth.

*Refrain*



A - ve, a - ve, a - ve, Ma - ri - al



A - ve, a - ve, Ma - ri - - - al

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# Let Us Break Bread Together

*Break Bread Together 7. 3. 7. 3. with Refrain  
American Negro melody*

*Spiritual*

1. Let us break bread to - geth - er On our knees, on our knees,  
2. Let us drink wine to - geth - er On our knees, on our knees;  
3. Let us praise God to - geth - er On our knees, on our knees;

Let us break bread to - geth - er On our knees, on our knees.  
Let us drink wine to - geth - er On our knees, on our knees.  
Let us praise God to - geth - er On our knees, on our knees.

*Refrain*  
When I fall on my knees, with my face to the ris - ing

sun, O Lord, have mer - cy on me. A - men.

# Amazing Grace! How Sweet the Sound

John Newton, 1725-1807, cento

Amazing Grace C. M.  
American traditional melody

Arr. by Edwin O. Excell, 1851-1921

1. A - maz - ing grace! How sweet the sound That saved a wretch like me!

2. 'Twas grace that taught my heart to fear, And grace my fears re - lieved;

3. Through man - y dan - gers, toils, and snares I have al - read - y come;

4. The Lord has prom - ised good to me; His word my hope se - cures;

I once was lost, but now am found, Was blind, but now I see.  
How pre - cious did that grace ap - pear The hour I first be - lieved!  
'Tis grace has brought me safe thus far, And grace will lead me home.  
He will my shield and por - tion be As long as life en - dures. A-men.

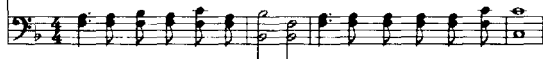
# What a Friend We Have in Jesus

Joseph Scriven, 1820-1886

Converse 8. 7. & 7. D.  
Charles Crozat Converse, 1832-1918



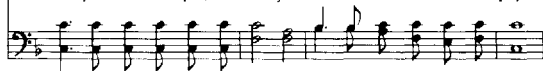
1. What a friend we have in Je - sus, All our sins and griefs to bear!
2. Have we tri - als and temp - ta - tions? Is there trou - ble an - y - where?
3. Are we weak and heav - y - lad - en, Cum - bered with a load of care?



What a priv - i - lege to car - ry Ev - ery-thing to God in prayer!  
We should nev - er be dis - cour - aged: Take it to the Lord in prayer!  
Pre - cious Sav - ior, still our ref - uge— Take it to the Lord in prayer!



O what peace we of - ten for - feit, O what need - less pain we bear,  
Can we find a friend so faith - ful, Who will all our sor - rows share?  
Do your friends de - spise, for - sake you? Take it to the Lord in prayer!



All be - cause we do not car - ry Ev - ery-thing to God in prayer!  
Je - sus knows our ev - ery weak - ness— Take it to the Lord in prayer!  
In his arms he'll take and shield you, You will find a sol - ace there. A - men.





# What a Fellowship, What a Joy Divine

Elisha A. Hoffman, 1839-1929

Leaning on Jesus 10, 9, 10, 9, with Refrain  
Anthony J. Showalter, 1838-1924

1. What a fel - low - ship, what a joy di - vine, Lean - ing on the  
 2. O how sweet to walk in this pil - grim way, Lean - ing on the  
 3. What have I to dread, what have I to fear, Lean - ing on the

Ev - er - last - ing Arms! What a bless - ed - ness, what a peace is mine,  
 Ev - er - last - ing Arms! O how bright the path grows from day to day,  
 Ev - er - last - ing Arms! I have peace com - plete with my Lord so near,

Lean - ing on the Ev - er - last - ing Arms! Lean - ing, Lean - ing on Je - sus,

lean - ing, Safe and se - cure from all a - larms; Lean - ing, Lean - ing on Je - sus,

lean - ing, Lean - ing on the Ev - er - last - ing Arms.  
 Lean - ing on Je - sus,

# Swing Low, Sweet Chariot

Swing Low Irregular with Refrain  
American Negro melody  
Arr. by David Hugh Jones, 1900-

Spiritual

*Tacet*

Swing low, sweet char - i - ot, Com - ing for to car - ry me home,

*F* *C*

*Tacet*

Swing low, sweet char - i - ot, Com - ing for to car - ry me home.

*F* *C7* *F* *Fine*

*Tacet*

1. I looked o - ver Jor - dan and what did I see,  
2. If you get there he - fore I do,  
3. I'm some - times up and some - times down,

*F* *C* *Tacet*

Com - ing for to car - ry me home; A band of an - gels  
But still my friends I'm  
all my soul feels

*F* *C7* *F* *D.C.*

com - ing af - ter me, Com - ing for to car - ry me home.  
com - ing too.  
heav - en - ly bound.

# Onward Christian Soldiers

Sabine Baring-Gould, 1834-1924, *canto*

St. Gertrude 6. 5. 6. 5. D. with Refrain

Arthur S. Sullivan, 1842-1900

1. On - ward, Chris - tian sol - diers, March - ing as to war, With the cross of  
 2. Like a might - y ar - my Moves the church of God; Broth - ers, we are  
 3. Crowns and thrones may per - ish, King - doms rise and wane, But the church of  
 4. On - ward, then, ye peo - ple, Join our hap - py throng, Blend with ours your

Je - sus Go - ing on be - fore: Christ the roy - al mas - ter Leads a -  
 tread - ing Where the saints have trod, We are not di - vid - ed, All one  
 Je - sus Con - stant will re - main; Gates of hell can nev - er 'Gainst that  
 voic - es In the tri - umph song; Glo - ry, laud, and hon - or Un - to

gainst the foe; For - ward in - to bat - tle, See, his ban - ners go.  
 bod - y we, One in hope and doc - trine, One in char - i - ty,  
 church pre - vail; We have Christ's own prom - ise, And that can - not fail.  
 Christ the King; This through count - less ag - es Men and an - gels sing.

Refrain

On - ward, Chris - tian sol - diers, March - ing as to war,

With the cross of Je - sus Go - ing on be - fore. A - men.

# Ah-dohn Oh-lom A-sher Mo-lahch

Adon Olam Irregular  
Elieser Gerovitch, 1844-1913



1. Ah - dohn oh - lom a - sher mo - lahch, b'-  
2. V' - ah - chah - ray ki - ch' - lohs hah - kohl, l'-  
3. V' - hoo e - chod v' - ayn shay - nee l'-  
4. V' - hoo ay - lee v' - chay goh - ah - lee, v'-  
5. B' - yo - doh ahf - keed roo - chee, b'-



te - rem kol y' - tzir niv - ro. Le - ays nah - ah - so v'-  
vah - doh yim - loch noh - ro. V' - hoo ho - yo v'-  
hahm - sheel loh l' - hach bee - ro. B' - lee ray - shees b'-  
tzur chev - lee b' - ays tzo - ro. V' - hoo ni - see oo-  
ays ee - shan v' - o - ee - ro. V' - im roo - chee g'-



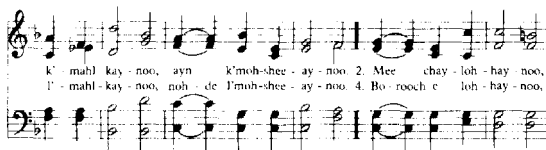
chev - tzoh kol, a - zahy me - lech sh' - moh nik - ro.  
hoo hoh - ve, v' - hoo yih - ye b' - sif - o - ro.  
lee sach - lees v' - loh ho - ohz v' - hah - mis - ro.  
mo - nohs lee, m' - nos koh - see b' - yom ek - ro.  
vi - yo - see, Ah - doh - noi lee v' - loh ee - ro.

# Ayn Kay-loh-hay-noo


*Ein Keloheynu Irregular*  
Julius Freudenthal, 1865-1874



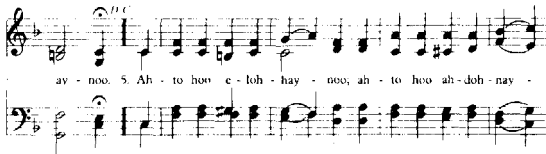
1. Ayn kay-loh-hay-noo, ayn kah-doh-nay-noo, ayn  
3. Noh-de lay-loh-hay-noo, noh-de lah-doh-nay-noo, noh-de



k' mahl kay-noo, ayn k'moh-shee-ay-noo. 2. Mee chay-loh-hay-noo,  
l' mahl-kay-noo, noh-de l'moh-shee-ay-noo. 4. Bo-rooch e loh-hay-noo,



mee-chah-doh-nay-noo, mee ch' mahl-kay-noo, mee ch'moh-shee-  
bo-rooch ah-doh-nay-noo, bo-rooch mahl-kay-noo, bo-rooch moh-shee-



ay-noo. 5. Ah-to hoo e-loh-hay-noo, ah-to hoo ah-doh-nay-



noo, ah-to hoo mahl-kay-noo, ah-to hoo moh-shee-ay-noo.

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# Yig-dahl E-loh-heem Chahi

Leont 10, 10, 10, 10, 10

Hebrew traditional melody

Adapted by Meier Leon, 1751-1797

Harm. by Abraham Wolf Binder, 1895-1966

Daniel ben Judah Davyan, 14th century

*Solo*

1. Yig-dahl e - loh-heem chahi, v' - yish-tah-  
 2. Ayn loh d'-moos hah - goof v' - ay - noh-  
 3. Hi - noh Ah-don oh - lom l' - chol noh-  
 4. Loh kom b' - yis - ro - ayl, k' - moh-she

*Choir and Congregation*

bahch, nim - tzo v' - ayn ays el - m'tzee - oo - soh. E - chod v' - ayn yo-  
 goof, loh nah ah - rohh ay - lov k' - doo - sho - soh. Kad-mohn l' - chol do-  
 tzor, yoh reh g' - doo - lo soh oo-ma-l'choo-soh. She - fah n' - voo - o-  
 ohd no - vee u - mah - beet es t' - moo - no - soh; Toh-rahs e - mes no-

cheed k' - yi - choo-doh ne-e-lom v'-gam ayn sohf l' - ahh-doo - so.  
 vor a - sher niv - ro, rec-shohn v'-ayn ray-shees l' - ray - shee - soh.  
 soh n' - so - nob el ah - n'-shay s' - goo-lo-soh v' - sif - ahr - toh.  
 sahn l' - ah - moh ayl, ahl yahd n'-vee - oh ne-e-mahn bay - soh.

5. Loh yahchaleef hoayl v'loh yohmeer dosoh, l'ohlomeem l'zoolosoh;  
 Tzohfe v'yohdayah s'soraynoo, mahbeet l'sohf dovor b'kahdmosoh.
6. Gohmayl l'eesh chesed k'mifoloh, nohsayn l'roshe rah k'rishosoh.  
 Yishlahch l'kaytz yomeen m'sheechaynoo, lifdos m'chahkay kaytz y'shoosoh.
7. Mayseem y'chahye ayl, b'rohv chahsdoh borooch ahday ahd shaym t'hilosoh.  
 Mayseem y'chahye ayl, b'rohv chahsdoh borooch ahday ahd shaym t'hilosoh.

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# O Beautiful for Spacious Skies

Katherine Lee Bates, 1859-1929

Materna C. M. D.  
Samuel A. Ward, 1848-1903

1. O beau - ti - ful for spa - cious skies, For am - ber waves of grain,  
 2. O beau - ti - ful for pil - grim feet, Whose stern, im - pas - sioned stress  
 3. O beau - ti - ful for he - roes proved In lib - er - at - ing strife,  
 4. O beau - ti - ful for pa - triot dream That sees, he - yond the years,

For pur - ple moun - tain maj - es - ties A - bove the fruit - ed plain!  
 A thor - ough - fare for free - dom beat A - cross the wil - der - ness!  
 Who more than self their coun - try loved, And mer - cy more than life!  
 Thine al - a - bas - ter cit - ies gleam, Un - dimmed by hu - man tears!

A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,  
 A - mer - i - ca! A - mer - i - ca! God mend thine ev - ery flaw,  
 A - mer - i - ca! A - mer - i - ca! May God thy gold re - fine,  
 A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,

And crown thy good with broth - er - hood From sea to shin - ing sea!  
 Con - firm thy soul in self - con - trol, Thy lib - er - ty in law!  
 Till all suc - cess be no - ble - ness And ev - ery gain di - vine!  
 And crown thy good with broth - er - hood From sea to shin - ing sea! A - men.

# Mine Eyes Have Seen the Glory

*Battle Hymn of the Republic*  
15. 15. 15. 6. with Refrain  
*American camp meeting tune*

*Julia Ward Howe, 1819-1910, cento*



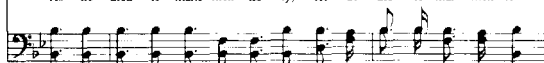
1. Mine eyes have seen the glo - ry of the com - ing of the Lord;
2. I have seen him in the watch-fires of a hun - dred cir - cling camps;
3. He has sound - ed forth the trum - pet that shall nev - er call re - treat;
4. In the beau - ty of the lil - ies Christ was born a - cross the sea,



He is tram - pling out the vin - tage where the grapes of wrath are stored;  
They have build - ed him an al - tar in the eve - ning dews and damps;  
He is sift - ing out the hearts of men be - fore his judg - ment seat;  
With a glo - ry in his bos - om that trans - fig - ures you and me;



He hath loosed the fate - ful light - ning of his ter - ri - ble swift sword;  
I can read his righ - teous sen - tence by the dim and flar - ing lamps,  
O be swift, my soul, to an - swer him; be ju - bi - lant, my feet!  
As he died to make men ho - ly, let us die to make men free!



His truth is march - ing on.  
His day is march - ing on.      Glo - ry! glo - ry! Hal - le -  
Our God is march - ing on.  
While God is march - ing on.





## Mine Eyes Have Seen the Glory (cont.)

lu - jah! Glo - ry! glo - ry! Hal - le - lu - jah!

The first system of the musical score consists of two staves. The upper staff is in treble clef with a key signature of one flat (Bb) and a common time signature (C). It contains a melody of eighth and quarter notes. The lower staff is in bass clef with the same key signature and time signature, providing a harmonic accompaniment of chords. The lyrics 'lu - jah! Glo - ry! glo - ry! Hal - le - lu - jah!' are written below the staves, aligned with the notes.

Glo - ry! glo - ry! Hal - le - lu - jah! His truth is march - ing on.

The second system of the musical score also consists of two staves. The upper staff continues the melody from the first system, with a key signature change to two flats (Bb, Eb) indicated by a Bb symbol above the staff. The lower staff continues the harmonic accompaniment. The lyrics 'Glo - ry! glo - ry! Hal - le - lu - jah! His truth is march - ing on.' are written below the staves. The system concludes with a double bar line.

# Eternal Father, Strong to Save

*Sts. 1-3, William Whiting, 1825-1878, cento, alt.*

*St. 4, Mary C. D. Hamilton*

*Melita 8. 8. 8. 8. 8. 8.*

*John B. Dykes, 1823-1876*

1. E - ter - nal Fa - ther, strong to save, Whose arm hath bound the  
 2. O Christ! whose voice the wa - ters heard And hushed their rag - ing  
 3. Most Ho - ly Spir - it! who didst brood Up - on the cha - os  
 4. Lord, guard and guide the men who fly Through the great spac - es

rest - less wave, Who bidd'st the might - y o - cean deep  
 at thy word, Who walk - edst on the foam - ing deep,  
 dark and rude, And bid its an - gry tu - mult cease,  
 in the sky. Be with them al - ways in the air,

Its own ap - point - ed lim - its keep, O hear us when we  
 And calm a - midst its rage didst sleep, O hear us when we  
 And gave, for wild con - fu - sion, peace, O hear us when we  
 In dark - ening storms or sun - light fair, O hear us when we

cry to thee For those in per - il on the sea!  
 cry to thee For those in per - il on the sea!  
 cry to thee For those in per - il on the sea!  
 litt our prayer For those in per - il in the air! A - men.

### **MARINE CORPS' VERSE**

Eternal Father, grant, we pray,  
To all Marines, both night and day,  
The courage, honor, strength, and skill,  
Their land to serve, Thy law fulfill;  
Be thou the shield forevermore,  
From every peril to the Corps.

J. E. Seim

## STATEMENTS OF FAITH

### CHRISTIAN

#### The Apostolic Creed

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

#### The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died and was buried. On the third day, he rose again in fulfillment of the Scriptures: he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshipped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

## **JEWISH**

I am a Jew because the faith of Israel demands no abdication of my mind. I am a Jew because the faith of Israel asks every possible sacrifice of my soul. I am a Jew because in all places where there are tears and suffering the Jew weeps. I am a Jew because in every age when the cry of despair is heard the Jew hopes. I am a Jew because the message of Israel is the most ancient and the most modern. I am a Jew because Israel's promise is a universal promise. I am a Jew because for Israel the world is not finished; men will complete it. I am a Jew because for Israel man is not yet fully created; men are creating him. I am a Jew because Israel places man and his unity above nations and above Israel itself. I am a Jew because above man, image of the divine unity, Israel places the unity which is divine.

Edmund Fleg

## MEDITATIONS

These meditative thoughts are offered for consideration in your devotional life. It is recommended that you read them prayerfully, asking God to assist you in understanding the spiritual truths they contain. As you read these meditations think about how they can be applied to your life. Finally, ask God to help you in allowing these truths to become part of your life.

O Lord, Thou knowest how busy I must be this day. If I forget Thee, do not Thou forget me.      Sir Jacob Astley

Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing.  
Abraham Lincoln

Courage is the power to let go of the familiar.  
Anonymous

We only think when we are confronted with a problem.  
John Dewey

It is not because things are difficult that we do not dare to attempt them, but they are difficult because we do not dare to do so.  
Seneca

The great use of life is to spend it for something that outlasts us.  
William James

All that is essential for the triumph of evil is that good men do nothing.  
Edmund Burke

One man can make a difference -- every man should try.  
John F. Kennedy

Too often we expect people to hear what we mean, not what we say.  
Anonymous

I believe in the sun even when it is not shining.  
I believe in love even when not feeling it.  
I believe in God even when He is silent.  
(Inscription in a Cologne cellar  
where Jews hid in time of  
persecution.)

O God our Father let us not be content to wait and see what will happen. Give us the determination to make the right things happen.  
Peter Marshall

He that is good for making excuses, is seldom good for anything else.  
Franklin

An ounce of fact means more than a ton of argument.  
M. Vanbee

Forgetfulness is a virtue only when you forget the grievances you have against other people.

Anonymous

One asks, what will happen to me? Another, what is right? And this is the difference between the slave and the free man.  
Bonhoeffer

God gave us imaginations to compensate for what we aren't and a sense of humor to console us for what we are.  
Anonymous

Live with men as if God saw you; converse with God as if men heard you.  
Seneca

Do all the good you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.

John Wesley

A bad habit is first a caller, then a guest, and at last a master.

Talmud

Hatred is like an acid; it can do more damage to the container in which it is stored than to the object on which it is poured.

Ann Landers

Home is the definition of what I am and who I am.

Anonymous

There is no end to the good which one can do if he does not care who gets the credit.

Anonymous

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.

Thomas A. Kempis

He who cannot laugh at himself appears ridiculous.

Dr. Harry T. McGehee

The trouble with most people these days is that they want to reach the Promised Land without going through the wilderness.

Anonymous

No man is free until he's free from the fear of death.

Martin Luther King

I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer or neglect it, for I shall not pass this way again.

Stephen Greenlet



The longest journey is the journey inward.

Dag Hammarskjöld

After crosses and losses men grow humbler and wiser.

Franklin

The secret of life is not to do what one likes, but to try to like what one has to do.

Dinah M. Craik

Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks.

Phillips Brooks

Life is like an onion, you peel off one layer at a time and sometimes you weep.

Carl Sandburg

The block of granite which was an obstacle in the pathway of the weak becomes a stepping stone in the pathway of the strong.

Carlyle

Lives are made of chapters; after one is written it cannot be revised, but we can write a new chapter with each new day.

Phillips Brooks

Life is like a camel. You can make it do anything except back up.

Anonymous

A person does not find life worth living; he makes life worth living.

Anonymous

Life, if you know how to use it, is long enough.

Seneca

Only those who learn how to live with loneliness can come to know themselves and life.

Carl Sandburg

Love is not blind -- it sees more, not less. But because it sees more, it is willing to see less.

Rabbi Julius Cordon

One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man.

Anonymous

You can't hold a man down without staying down with him.

Booker T. Washington

The way we treat our fellow man is the way we treat God.

Teilhard de Chardin

To act coolly, intelligently, and prudently in perilous circumstance is the test of a man and also a nation.

Adlai Stevenson

One of the biggest mistakes most of us make is to fear that we will make one.

Anonymous

Pray as though everything depended on God. Work as though everything depended on you.

St. Augustine

I am but one, but I am one; I cannot do much, but I can do something; which I can do I ought to do; and what I ought to do, by the grace of God I will do.

Francis Willard

It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities.

Josiah Stamp

There are only two kinds of men; the righteous who believe themselves sinners; the rest sinners, who believe themselves righteous.

Blaise Pascal

Why were the Saints, Saints? Because they were cheerful when it was difficult to be cheerful, patient when it was difficult to be patient; and because they pushed on when they wanted to stand still, and kept silent when they wanted to talk, and were agreeable when they wanted to be disagreeable. That was all. It was quite simple and always will be.

Anonymous

One thing I know, the only ones among you who will be really happy are those who will have sought and found how to serve.

Albert Schweitzer

Well timed silence hath more eloquence than speech.

Anonymous

O Lord help my words to be gracious and tender today, for tomorrow I may have to eat them.

Anonymous

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

Booker T. Washington

We often regret our speech but seldom our silence.

Anonymous

We live in the present, we dream of the future, but we learn from eternal truths from the past.

Madame Chiang Kai-shek

I cannot give you the formula for success, but I can give you the formula for failure -- try to please everybody!

Anonymous

The man who does not habitually worship is but a pair of spectacles behind which there is no eye.

Thomas Carlyle

You can't find many success rules that'll work unless you do.

Anonymous

When faced with a mountain, I WILL NOT QUIT! I will keep on striving until I climb over, find a pass through, tunnel underneath, or simply stay and turn the mountain into a gold mine with God's help.

Anonymous

## **ACKNOWLEDGEMENTS AND SOURCES**

### **SCRIPTURES**

All Scriptures used in this Devotional Field Book are from the Revised Standard Version of the Bible (an Ecumenical Edition).

### **PRAYERS**

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## **PRAYERS IN TIME OF NEED**

### **JEWISH**

O Lord, my God and God of my fathers, my destiny is in Thy hands. If it be Thy will, grant me speedy healing of my wounds. But, if not, I shall, with complete trust in Thy wisdom and love, accept whatever may be in store for me. O give me the power to understand that only with Thee is perfect knowledge and that only through Thee does one find boundless happiness and eternal peace. Most sincerely and humbly do I acknowledge my faith in Thee:

Shema Yisroayl Adonoy Elohaynu Adonoy Echod!  
Hear, O Israel, the Lord our God the Lord is one!

### **PROTESTANT**

Heavenly Father, I do heartily confess unto Thee all my sins, and I truly repent. I promise to serve Thee with my whole heart. I give my life to Thee and pray that Thou wilt forgive all my sins and purify my soul from all evil. Grant me Thy salvation because I believe in Thee and Thy holy promise that "God so loved the world that He gave His only begotten Son that whosoever believeth in Him should not perish but have everlasting life." Amen.

### **CATHOLIC**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.